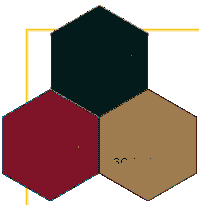


# Bully Prevention Best Practices

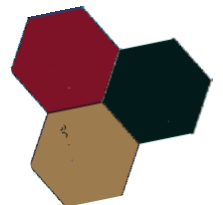
- i Designate a representative to serve on the District Bully Prevention Committee.
- i Encourage representation at the annual Florida Bully Prevention Conference.
- i Conduct faculty awareness on an ongoing basis.
- i Provide students with clear knowledge of the rules and expectations.
- i Provide parents with awareness and prevention information about bullying, witness, target, how to report incidents and safety plans.
- i Provide awareness of the difference between normal conflict and bullying to staff, parents, and students.
- i Provide staff with information/training concerning how to deal with bullying situations.
- i Provide safety plans for targets.
- i Teach all students about the power of the witness/bystander.
- i Provide supportive information to students and parents.
- i Create a school-based bully prevention committee.
- i Have school-wide bully-prevention and promotion of civility activities on an on-going basis (felt board stories, friendship collages, prevention videos)
- i Provide support and coping skills for students who have been the target of bullying.
- i Work with classrooms to have songs about anti-bullying – “No Difference” and “Hug of War.”
- i Monitor office referrals and refer “pre-bully” behavior to counselor.
- i Have grade level monthly lessons.
- i Provide staff monthly information.
- i Hold quarterly bully committee meetings to assess and adjust plan.
- i Give staff bully survey.
  - i Schedule prevention puppet show with Tom Alvarez.
  - i Educate incoming 6<sup>th</sup> 9<sup>th</sup> graders as to expectations.
- i Have team meetings to develop treatment plan for bully cases.
- i Develop bully awareness calendar with planned activities.
- i Choose two fellow staff members and shares words of wisdom or encouragement.
- i Visits classrooms weekly by our guidance counselor to read books on bullying.
- i Provide classroom discussion on how to be safe from bullies and how to report acts of bullying.
  - i Share information in school news.
- i STARS Curriculum (Stay Safe, Your Best, Act Responsibly, Respect Yourself and Others, Show Self-Control.)
- i Visit classrooms with proactive support from Guidance, Peer Mediators, Assistant Principals and Resource Officers.
- i Hang Manners and Bully prevention posters in cafeteria.
  - i Provide confidential bully boxes.
- i Distribute articles at each Program Planners’ meetings.
  - i Establish anonymous web-based reporting.
- i Establish focus groups, conflict/violence prevention and anger management groups for decreasing anger and bully incidents in the school.
- i Provide anti-bullying information on school web-site.
- i Support student training and peer mediation teams in school.



# Family & Community Best Practices

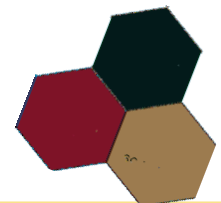


- i Increase business partnerships.
- i Increase parent/school partnerships and parent involvement.
- i Create SHACs (School Health Advisory Committees) at each school.
- i Create partnerships with hospitals for wellness workshops.
- i Work with restaurants to revise their student rewards.
- i Work with the public library to create education outreach to community.
- i Improve school to school communication through district SAC meetings.
- i Ask for wellness ideas from the SAC and or PTO.
- i Encourage families to complete Medicaid applications to provided children with insurance.
- i Provide important information for families and improve school to family and community relations with Health and Wellness fairs.
- i Establish a "Get Moving Night" for families.



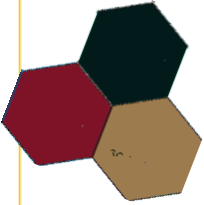
# Faculty Staff Best Practices

- i Teach relaxation techniques to students.
- i Teach stress relief techniques.
- i Give faculty/staff praise for doing the “right” thing for students.
- i Conduct a “Biggest Loser” contest.
- i Create faculty/staff teams for bowling, softball, kick



# Health Education Best Practices

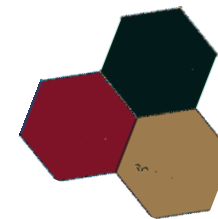
- i Give students in health and science classes the opportunity to learn the role that various nutrients play in promoting good health and protection from disease.
- i Use practical applications of knowledge to show the effects of good health.
- i



# School Health Services Best Practices

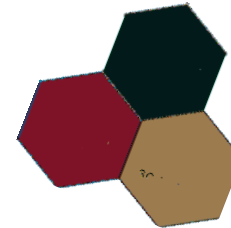
# Nutrition Best Practices

- i Work with restaurants to revise their student rewards.
- i Use other means besides food for fund-raising.
  - i Walk-a-thons
  - i Sell flowers
  - i Sell balloons
  - i Dunk a principal
  - i Rummage sales with school family donations
- i Celebrate with non-food rewards ([click for ideas](#)).
- i Implement recess before lunch.
- i Discourage competition for food.
- i Discourage bad eating habits (eating too fast, etc.).
- i



# Nutrition Best Practices

- i Institute Smiley labs.
- i Encourage salad bars at every level.
- i Distribute or make available handouts for parents.
- i Demonstrate and share healthy cooking.
- i Provide cafeteria tour and plan for taste testing.
- i Educate by incorporating healthy nutrition options in health lessons.
- i Offer samples of healthy food choices in the cafeteria to encourage students' healthy choices.
- i Provide an approved list of food times allowed on campus.
- i Have student exchange of healthy recipes in classroom.
- i Host a wellness learning meeting.
- i Schedule reminders to classroom teachers.
- i Schedule recess before lunch.
- i Recognize "honor and merit" students in the school newsletter.
- i Reduce by one per week, breaded food choice available in the cafeteria.
- i Discontinue lunch line rewards for students.
- i Monitor the relevance of food used in the classroom.
- i Include nutrition education on menus.
- i Increase selections of healthful choices in staff lounge vending machines.

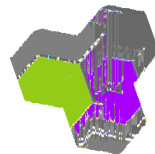






# Ideas for Non-Food Rewards

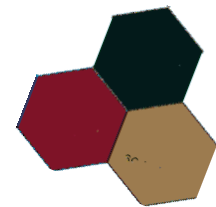
- x Ask students to make a list of non-food rewards.
- x Ask parents to develop creative parties.
- x Pens, Pencils, and Markers.
- x Bookmarks.
- x Trinkets (frisbees, magnets).
- x Activity/Game Sheets.
- x Reading Time.
- x Class, homework time, or reading time in a special setting (outside, in the library, etc.).
- x Extra recess.
- x Extra credit.
- x Extra art time.
- x Computer time.
- x Be the helper.
- x



# Nutritious Celebrations



- x Provide parents menus of healthy items for birthday parties.
- x Have a party once a month for all birthdays with healthy food.
- x Have food sampling parties.
- x Have watermelon for parties and party outside.
- x Have “crunch and munch” parties with healthy choices.
- x Survey students to discover the healthy foods they like.
- x Ask parents to develop creative ideas for parties.
- x Disallow homemade items.
- x Plan “healthy hunts” for smaller children.
- x [Theme Party Recipe Ideas.](#)
- x Low-fat tortilla chips with salsa or bean dip.
- x Trail/cereal mix with whole grains and low-sugar cereals mixed with dried fruits, pretzels, etc.
- x Nuts and seeds.
- x Low-fat pudding, yogurt, squeezable yogurt, smoothies, or banana splits with yogurt and fruit and crushed graham crackers.
- x Angel food cake with a selection of low-sugar fruit toppings for students to choose.
- x Ham, cheese, or turkey wraps that students can create.
- x [List of healthy snacks from the Center for Science in the Public Interest.](#)
- x [Additional ideas available](#)

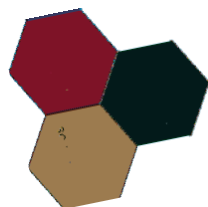


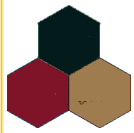
# Physical Education Best Practices



- i Provide pedometers for students.
- i Provide physical activity for every student every day.
- i Create a list of places in the school where physical activity can take place.

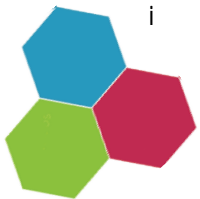
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# School Environment Best Practices

- i Create walking paths on campus.
- i Allow time for hand washing before lunch.
- i Have a wellness resource area at school.
- i Work to make the campus "green."
- i Provide daily health and wellness announcements.
- i Give monthly wellness focus for entire school.
- i Explore internet sites for ideas to implement.
- i Teach students proper mealtime manners for dining out.
- i Ask teachers to volunteer to eat with the children occasionally.
- i Begin a fly-fishing club.
- i Increase awareness of disease prevention with handouts and posters.
- i Encourage recycling of paper and aluminum cans
- i Create a campus clean up promotion.
- i Encourage staff/students to use Wii programs



# Social Services Best Practices



- Teach relaxation techniques to students.
- Teach activities that release endorphins.
- Teach techniques for stress relief.
- Teach students ways to cope with the stress of testing.
- Increase opportunities for students to speak with counselors.
- Provide coping and test preparation guidance.
- Initiate a “Walk the Bridge” team and other stress relief ideas for students, staff and families.
- Provide information about relaxation and techniques.

